

ANNUAL NARRATIVE REPORT

STATE: ARIZONA

COUNTY: YAVAPAI

REPORT OF:

LUCINDA E. HUGHES

FROM: DECEMBER 1, 1952 to NOVEMBER 30, 1953

TABLE OF CONTENTS

	Page
Cover and Title Page	0
Table of Contents.....	1
Preface	2
Highlights	3 - 4
Projects:	
Organization and Planning	5 - 23
Program Planning	5
Program Planning Meeting	6 - 10
Leader Programs	10 - 11
Club Programs	11
Agent's Program	11 - 12
Club Organization	12
County Fair	12 - 13
Community Service	13
Program for the Day (Mimeograph)	14 - 18
Report of Homemakers' Program - Planning Meeting (Mimeograph)	19 - 23
Home Furnishings and Surroundings	24 - 29
Color and its Application	24
Textile Painting	25 - 26
Home Beautification	26
Equipment for Textile Painting - (Mimeograph).....	27 - 29
Home Management	30 - 32
Clothing and Textiles	33 - 36
Western Shirts	34
Accessories for the Individual	35 - 36
Nutrition	37 - 48
Food Selection and Preparation - Simple Hostessing	37 - 38
Food Storage and Preservation - Canning	39
Home Freezing	39 - 41
Simple Hostessing (Mimeograph)	42 - 48
Health and Safety	49
Recreation and Community Life	50
Extension Information	51
Miscellaneous	52 - 53
Outlook and Recommendations	54

PREFACE:

The following narrative report is a summary of the agent's activities in Yavapai County for the year 1952-1953. A total of two hundred and eighteen days was spent in Yavapai County this year, one hundred and twenty-seven days were devoted to work with adults and ninety-one days were devoted to work with 4-H club members.

I wish to take this opportunity to thank all National, State and County Extension workers who have given their most valuable time and assistance throughout the year.

HIGHLIGHTS:

Eighteen Yavapai County women attended the Annual Bi-County program planning meeting held at Flagstaff this year. The Sedona Homemakers served as the luncheon hostess and the Doney Park Homemakers served as the meeting hostess.

The primary problem which the women are continuously facing is that of having more to do than any ten people can do. With all the labor and time saving devices available to the homemaker today, the common tendency is to think that the homemaker should have a great deal of free time, however this is not true. Today's homemaker has any number of jobs and commitments aside from her supposedly primary job of homemaking. Some of these extra jobs are:

1. Working outside the home for gain.
2. Working with P. T. A. and other youth and civic groups.
3. Working with educational and recreational groups.
4. Distances have been so shortened by improved transportation that there are many family trips and outings.

Because there are so many factors competing for the women's time and talents it is imperative that the Home Demonstration program be both extremely interesting and instructive.

The Home Demonstration program for 1953 was well planned by the women and well participated in by them. Probably the most interesting problem worked on this year was how to remain "calm, cool and collected" when unexpected company arrives. This problem was broken down into two phases for project work; (1) Home Management and (2) Food Service. Each homemaker had her own experiences to contribute to the meetings and all in all the results were highly satisfactory. Other projects worked on this year were:

A. Home Management

1. Principles of color and its use
(related to dining area)
2. Textile painting
(place mats for dining table)

B. Clothing

1. Making of Western Shirts
(principles of construction)
2. Choosing accessories for individual,
costume and occasion
3. Use of special apron and toy kits

C. Nutrition

1. The use of the home freezer and locker
plant
(Selection and preparation of foods and
packaging materials)
2. Use and care of the pressure canner

D. Health

1. Fly and insect control
(Lecture and demonstration by Public
Health Sanitarian)
2. Chest x-ray
3. Continuance of library facilities in rural
areas

E. Recreation

Recreation was done in all clubs all year.

Special recreational events were:

1. The Verde Valley family picnic sponsored
by the Sedona Homemakers
2. The Verde Valley luncheon sponsored by the
Bridgeport Homemakers.

The newly organized homemakers club in Chino Valley
gives promise of being a very active group.

ORGANIZATION AND PLANNING:

A well rounded program in Home Economics and Health planned by the women in cooperation with the Home Demonstration Agent is the aim of this agent. Unless the women have a voice in planning the Home Demonstration program they will not give their whole hearted support to that program. The agent feels that Home Demonstration work must be kept on a high educational level, there should be no feeling on the women's part that something is being "run in on them." It has been the experience of the agent that if a problem seems paramount to her she can explain it to the women so that they will recognize its importance. The women will then undoubtedly decide to work on some phase of that problem.

Program Planning

Program planning encompasses a wide range of endeavor, from bi-county wide program planning to individual club, community and project planning. Theoretically each county does its program planning in the fall for the coming year. However, club officers, project leaders and club members are encouraged to be planning all year for the projects which they feel should be done during the next year.

This year, 1953, the women seem to be even busier than in past years. Their problem of getting everything done is a tremendous one. Each homemaker seems to have about twice as much to do as she can possibly get done. The agent realizing the crowded schedule and the long distances involved did not force the organization of a homemakers council. Had the women wanted such a council the agent would have been happy to work with them, but such not being the case Yavapai County is still without a Home Demonstration council and probably will be for some years to come.

There are many ways of planning a county home demonstration program. The method used by this agent is for:

1. The women of the community and/or club or organization submit their problems or desires for the county program to their clubs.
2. Each organization or club sends four representatives to the bi-county planning meeting held each fall.
3. Representatives from each group meet at the bi-county program planning meeting to discuss and unify their Home Economics and Health problems.

4. Discussion groups (clothing, foods, home management, health) recommend to the agent and the meeting as a whole their recommendations for project work for the coming year.

Each representative comes to the bi-county program planning meeting more or less instructed as to what her group feels is important for the Home Demonstration program of the coming year. Each group (for example foods) may recommend as many as four or five problems for immediate action. Depending upon the scope of the problem one to three in each field may finally wind up on the bi-county program. Two factors have to be taken into consideration in planning the program. They are as this agent sees them:

1. The women's time and abilities.
2. The agent's time.

A tremendous effort is made by all Extension personnel to meet the women's needs and to have a well rounded home economics and health program.

The value of bi-county program planning meetings is that:

1. The women have an opportunity to express their own community problems. In this way they actually do plan their own Home Demonstration program.
2. The women have an opportunity to meet and come to know other rural women of both counties. Perhaps one of the greatest advantages is that through informal talking together they come to realize that their own particular problems are not unique, that other groups and individuals have the same problems. Its always less difficult to suffer together than separately.
3. The women come to realize the time limitations of the home demonstration agent and that it is not humanly possible for her to do everything that they may want and need that year. They assist in selecting those most pressing problems for immediate action.

Program Planning Meeting

This year, 1953, the bi-county planning meeting was held in Flagstaff, September 3, 1953. Techniques used this

year were:

1. A program for the day with aims and accomplishments of the 1953 program was compiled and given to each woman attending. (Copy attached)
2. Discussion group chairmen were furnished with material on trends in their particular fields. They were not given specific topics for selection as some of the women prefer. Since the aim of program planning is for the women to present problems not solutions we do not feel that selection from a list of special topics, such as "mending made easier," "eating for health in later life," etc. would accomplish the aim of program planning. For instance we would like to have the women realize that the expected life span is greater today than it was twenty years ago and express the concern of how they can make those added years profitable and enjoyable, not just something to be "gotten through." It is truly easier for the women to select subjects than to recognize problems. Each year the women grow "a little bit" and show improvement in their abilities to recognize problems. This type of program planning problem recognition helps the women to grow in their leadership activities.
3. Mr. T. M. Stubblefield, Extension Economist, University of Arizona talked to the women about some of the most pressing agricultural economic problems. He explained that farmers and ranchers are caught in declining prices while the prices of consumer goods are not correspondingly dropping. He pointed out that the avenues of correcting this situation is government action including price supports.
4. Mrs. Lonie M. Holly, Coconino County Public Health nurse, gave an educational discussion on the "Facts and Fears of Polio." She explained to the women that there are actually three kinds of polio and no one treatment for all, each must be treated differently. Mrs. Holly also discussed the new gamma globulin vaccination and treatment for polio. Then, too, she discussed the need of good health practices in prevention of diseases as well as the need for early recognition of diseases.

5. Each community was surveyed by the clothing leaders prior to the meeting. The results were used in the final planning.
6. The Coconino County Agricultural Agent spoke to the women on their responsibilities regarding possible new farm programs. He emphasized the fact that many questionnaires, meetings and reports would be requested of all ranchers and farmers; that it was the women's responsibility to see that appropriate action was taken in all cases. Some of the new policies which the agent indicated would be considered in these new bills were:
 - (1) Farm income, stability and improvement.
 - (2) Production and marketing improvements.
 - (3) Conservation of land resources.
 - (4) Capital needs of agricultural credit problems.
 - (5) Trade or Aid -
Foreign trade versus outright grants to foreign countries.
7. The State Home Demonstration Leader discussed the family cycle. The needs of the:
 - (1) Beginning family
 - (2) Expanding family
 - (3) Launching family
 - (4) Contracting family

She emphasized that in planning we must consider the family needs in the community.

8. The sifting committee met immediately after the general meeting.

Aims or goals recommended by the discussion groups and accepted in the general meeting were:

- (1) To prepare economical, well balanced meals.
- (2) To eat for health, beauty and enjoyment.

- (3) Better management of sickness and accidents in the home.
- (4) To better prepare ourselves for emergencies in the home or community (civil defense).
- (5) To increase our efficiency for more happiness in the home.

Recommendations of the various groups for project work and study in 1954 were:

(1) Home Management:

- a. Can the homemaker's bank roll be stretched by good management.
- b. Safety in the home - electricity.
- c. Window treatment and draperies.
- d. Hobby craft - metal.

(2) Health:

- a. Home nursing (for civil defense)
Early recognition of diseases
Isolation techniques
- b. First aid in home accidents
Sprains - broken bones - bruises
Civil Defense - poisoning

(3) Nutrition:

- a. Cooking broiler meals.
- b. One dish meals and meals that can wait.
- c. How to prepare quick meals.
- d. Outdoor cookery.
- e. Scientific knowledge of nutrition.

(4) Clothing:

- a. Materials - types and care (new textiles)
- b. Sewing machine clinic.

- c. Simple sewing -
Repair
Remodeling
Decorative finishing techniques
- d. Storage of furs -
Prevention of moth ball odor
- e. Fitting of clothing

A mimeographed report of the bi-county program planning meeting was sent to each women attending the meeting and to all club presidents throughout both counties. (Copy attached) This report served as a reiteration of the topics discussed at the planning meeting as well as giving the presidents a tentative idea of what the final 1954 Home Demonstration program would be.

One of the advantages of publishing the meeting report soon after the bi-county program planning meeting is that all those attending are made doubly conscious of the part which they and their community played in planning that program. They realize that in many cases their own recommendations for the county program are actually being followed.

Leader Programs - 1953

Last year two subjects were covered by local leaders. They were:

1. Freezer problems.
 - a. Preparing foods for the home freezer - how and why.
 - b. Packaging materials.
2. Hostessing and entertaining.
 - a. Good housekeeping practices.
 - b. Linen.
Ironing and storage
 - c. Silverware.
Cleaning and storage

Clubs carried five months of their own programs in addition to their leader meeting. The projects which clubs

were to cover in their own meetings were recommended by the County Home Demonstration program but unless the agent was particularly requested to assist, all arrangements were left to the individual clubs. This procedure is followed by the agent because:

1. It develops responsibility and a sense of achievement on the part of the club president.
2. Lets club members and communities realize that they can function without the agent's presence or assistance.
3. Give an opportunity for clubs to indulge in purely local problems or projects.
4. Makes everyone feel that the club is their's not the agent's.

Club Programs - 1953

This year some of the local problems worked on by the clubs were:

1. Club program planning and bi-county recommendations for the Home Demonstration program.
2. Fly and insect control.
3. Christmas suggestions.
4. County fair booths and exhibits.
5. Aprons (kit from State Office).
6. Toy suggestions (kit from County Office).
7. Christmas party.

Agent's Program - 1953

The agent met with the clubs five months this year. The projects covered were:

1. Principles of color - application dining table - linen and dishes.

2. Textile painting.
Stenciling cutting and painting of one place
mat to match china and room decoration.
3. Choosing accessories for varying occasions.
4. Simplified hostessing.
Emphasis on foods.
5. Clothing - Principles of Western shirt making.

The agent feels that it is essential that she meet with the individual clubs at least this often. In fact the women felt slighted this fall because it was physically impossible for the agent to meet with them more often.

Club Organization - 1953

This year (1953) a new homemakers club has been organized in the Chino Valley vicinity of Yavapai County. This organization has been very slow to develop. Through the efforts of the Women's Organization of the Congregational Church we now have a homemakers club. This club first started as a part of the Women's Fellowship of the Congregational Church cooperating with the Home Demonstration program. Within three months the women decided to organize as a true Homemakers Club. They elected officers and were fully launched as a Homemakers Club in August, 1953 with a membership of about twenty women.

At the present time the agent is actively working with and/or cooperating with four homemakers clubs, two L.D.S. groups, the Yavapai Cowbells, the Kirkland Women's Club, the Yavapai Farm Bureau and the Yavapai County Fair Committee. By cooperating with all of these groups which are composed primarily of rural people, the agent is reaching a large majority of the ranch and farm people of the county.

County Fair

By close cooperation with the Yavapai County Fair Commission, it has been possible for the agent to steadily increase the educational features of the County Fair. Score cards for household items, clothing, canned foods, frozen foods and baked foods were included in the 1953 Fair premium book.

This year the Yavapai County Fair had a new superintendent for the Women's Department, she was Mrs. Edythe Hendrix. The agent met with Mrs. Hendrix and her committees of women to assist with the planning for a well run department.

Each woman assumed specific duties and volunteered for specific times which her own personal schedule allowed. In this way keeping the department covered was less of an effort than had formerly been true.

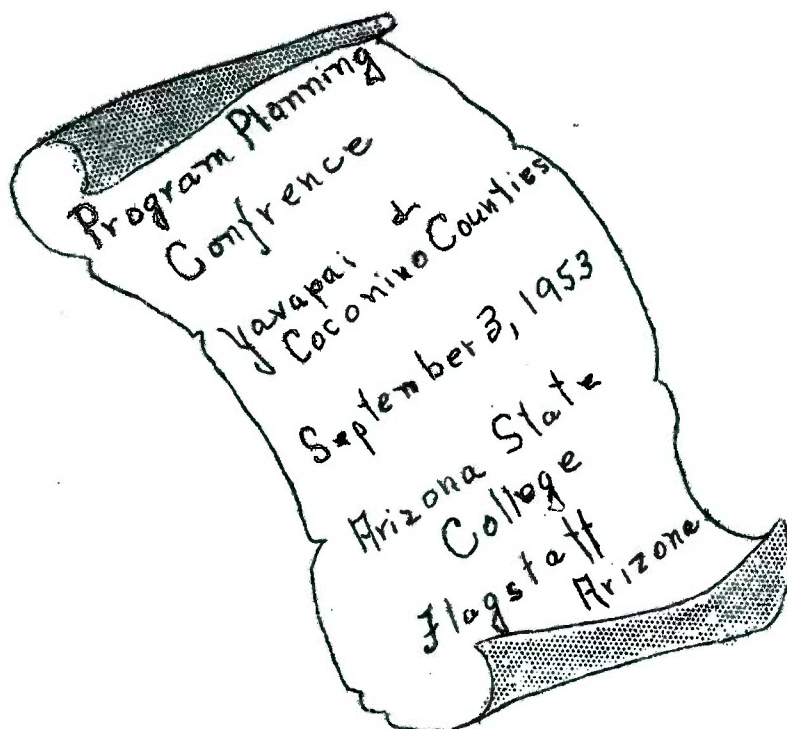
Approximately eight hundred exhibits of foods, clothing and home economics arts were exhibited this year at the fair. The large number of Home Economics exhibits is probably due to the publicity which the National Crochet Contest is arousing among the women in the county. Last year one of our blue ribbon county winners received honorable mention and a check for \$25.00 from the National contest. She, of course, was an enthusiastic exhibitor and through her enthusiasm generated enthusiasm in others.

The community booth exhibits at the County Fair this year were very good. Community cooperation such as these exhibits require draws a community closer together. It helps them to know each other better, to realize each other's talents and abilities. Two homemakers groups, the Cowbelles and two L. D. S. groups had community booths this year.

Community Service

The various clubs in the county (Homemakers clubs, L. D. S., Farm Bureau, Cowbelles, Kiwanis, Lions, Cattle Growers and other civic groups) have all responded to the youth needs of the community. Whenever there is an opportunity they have actively sponsored the 4-H club program in the county and in their own communities. Their sponsorship has taken the form of:

1. Giving medals and other awards to outstanding 4-H'ers.
2. Supplying and finding leaders.
3. Assisting the club leader by letting her know that the entire club is back of her.
4. Supplying funds for community, county and state events.



AN AIM FOR THE HOMEMAKER

To have the home
Economically sound,
Mechanically convenient,
Physically healthful,
Morally wholesome,
Mentally stimulating,
Artistically satisfying,
Socially responsible,
Spiritually inspiring,
Founded upon mutual
affection and respect.
---Lita Bane.



HOME DEMONSTRATION PROGRAM PLANNING DAY
Yavapai and Coconino Counties
September 3, 1953 - Flagstaff
Arizona State College

9:45 A. M. REGISTRATION

10:00 A. M. General Assembly
Meeting called to order
Lucinda E. Hughes

10:05 A. M. Welcome
Dr. L. A. Eastburn, President
Arizona State College, Flagstaff

10:10 A. M. Women's Part in Agriculture
William Brechan
Coconino County Agricultural Agent

10:25 A. M. Polio - Facts and Fears
Mrs. Lonie M. Holly
Senior Public Health Nurse,
Flagstaff Area

10:40 A. M. Agricultural Policy
Thomas M. Stubblefield
Extension Economist
University of Arizona

10:55 A. M. RECESS

11:10 A. M. The Home Economics Outlook for 1953
Jean Stewart
State Home Demonstration Leader

11:25 A. M. Report of 1952-53 Home Demonstration Program
Lucinda E. Hughes
Home Demonstration Agent
Yavapai and Coconino Counties

11:40 A. M. Division into Discussion Groups
Chairmen:
Clothing - Mrs. Paul Roberts
Nutrition - Mrs. Marie Smith
Home Management - Mrs. Ray Stenhouse
Health - Mrs. Esther Butler

11:50 A. M. RECESS

12:00 Noon LUNCHEON - Golden Drumstick

1:10 P. M. Luncheon Entertainment - College
Chairman - Georgia Etter

1:30 P. M. Assemble into Discussion groups

2:30 P. M. General Assembly
Reading of recommendations by secretaries,
discussion and adoption of recommendations
of:

1. Clothing discussion group
2. Nutrition discussion group
3. Home Management discussion group
4. Health discussion group

3:00 P. M. HOMEWARD BOUND

Hostess Clubs -
Luncheon - Sedona Homemakers
General Meeting - Doney Park Homemakers

PROGRAM PLANNING COMMITTEE AIMS FOR 1953

RECOMMENDED:

1. To have better fly and insect control.
2. To choose carefully and complete all projects started.
3. To increase meeting attendance through organized nursery care.
4. To increase our efficiency for more happiness in the home.
5. To eat for health, beauty and enjoyment.

PROGRESS:

1. All clubs had at least one meeting conducted by the County Sanitarian on fly and insect control. These meetings served to alert communities to the problems and dangers of flies and insects.
2. All projects started were completed. However, the agent feels that the shirt making was not of enough general interest to have the most value to everyone.
3. Organized nursery care was done in two clubs this year. Thus making it possible for more young mothers to attend and get the most from the meetings.
4. The entire year's program contributes to increased happiness and efficiency in the home. Specifically the project on Simple Hostessing will make the greatest contribution to happiness in the home.
5. The study of the home freezer, its uses and advantages, contributed markedly to increased enjoyment of meals as well as to better meals.

In general the agent feels that the 1952-53 Home Demonstration program has increased a feeling of poise and ease in our every day living.

Co-operative extension work in agriculture and home economics, the University of Arizona College of Agriculture and the U. S. Department of Agriculture co-operating.

Prescott, Arizona
September 3, 1953

COOPERATIVE EXTENSION WORK
in
AGRICULTURE AND HOME ECONOMICS
State of Arizona

University of Arizona
College of Agriculture
U. S. Department of Agriculture
And Coconino County Cooperating

Flagstaff

Agricultural Extension Service
Home Demonstration Work
County Agent Work

September 9, 1953

REPORT OF HOMEMAKERS' PROGRAM PLANNING MEETING

The fifth annual Yavapai and Coconino Counties Home Demonstration Program Planning day was held at the Arizona State College, Flagstaff, from 10:00 a.m. to 3:00 p.m., September 3, 1953. Thirty-one county representatives of homemakers' clubs, county representatives and Extension staff were present.

The Program Planning meeting was called to order at 10:25 a.m. by Lucinda E. Hughes, Home Demonstration Agent for both counties. Mrs. Lonie M. Holly gave an educational discussion on the facts and fears surrounding the incidents of polio. She explained to the women that there are actually three kinds of polio and that to date there is no one standard inoculation nor treatment for all three kinds. Each must be treated differently. Mrs. Holly also discussed and explained the new gamma globulin vaccination and treatment for polio. At the conclusion of Mrs. Holly's talk a film strip "Polio - Facts and Fears" was shown.

William M. Brechan, Coconino County Agricultural Agent spoke to the women on their responsibilities regarding possible new farm programs. He emphasized the fact that many questionnaires, meetings and reports would be requested of all ranchers and farmers; that it was the women's responsibility to see that appropriate action was taken in all cases. Some of the new policies which Mr. Brechan indicated would be considered in these new bills were:

1. Farm income, stability and improvement.
2. Production and marketing improvements.
3. Conservation of land resources.
4. Capital needs of agricultural credit problems.
5. Trade or Aid -
Foreign trade versus outright grants to
foreign countries.

Miss Jean Stewart discussed the family cycle. The needs of the:

1. Beginning family
2. Expanding family
3. Launching family
4. Contracting family

She emphasized that in planning we must consider the family needs in the community.

Mr. Thomas M. Stubblefield, Extension Economist, University of Arizona, explained some of the most pressing agricultural economic problems. He explained that farmers and ranchers are caught in declining prices while the price of consumer goods are not correspondingly dropping. He pointed out that the avenues of correcting this situation exist in government action including price supports.

Miss Hughes briefly surveyed the aims and accomplishments of the 1952 adult Home Demonstration program.

A delightful fried chicken dinner was served at the Golden Drumstick restaurant. Mrs. Georgia Etter, Sedona, directed group singing at the conclusion of the luncheon.

At 1:45 p.m. the women divided into discussion groups. They discussed in the various fields of the Home Demonstration program and made their recommendations for the 1953 Home Demonstration Program. Chairmen of the discussion groups were:

Clothing - Mrs. Paul Roberts

Nutrition - Mrs. Marie Smith

Home Management - Mrs. Ray Stenhouse

Health - Mrs. Marion Jones

Aims or goals recommended by the discussion groups and accepted in the general meeting were:

1. To prepare economical, well balanced meals.
2. To eat for health, beauty and enjoyment.

3. Better management of sickness and accidents in the home.
4. To better prepare ourselves for emergencies in the home or community (civil defense).
5. To increase our efficiency for more happiness in the home.

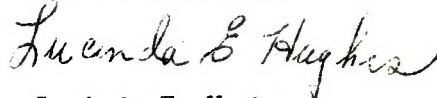
Recommendations of the various groups for project work and study in 1954 were:

1. Home Management:
 - a. Can the homemaker's bank roll be stretched by good management.
 - b. Safety in the home - electricity.
 - c. Windowtreatment and draperies.
 - d. Hobby craft - Metal
2. Health:
 - a. Home nursing (for civil defense)
Early recognition of diseases
Isolation techniques
 - b. First aid in home accidents
Sprains - broken bones - bruises
Civil Defense - poisoning
3. Nutrition:
 - a. Cooking broiler meals.
 - b. One dish meals and meals that can wait.
 - c. How to prepare quick meals.
 - d. Outdoor cookery.
 - e. Scientific knowledge of nutrition.
4. Clothing:
 - a. Materials - types and care (new textiles).

- b. Sewing machine clinic.
- c. Simple sewing -
 - Repair
 - Remodeling
 - Decorative finishing techniques
- d. Storage of furs -
 - Prevention of moth ball odor
- e. Fitting of clothing.

I hope that this report covers everything and that the enclosed proposed plan of work for 1954 will be satisfactory with all concerned.

Sincerely yours,



Lucinda E. Hughes
Home Demonstration Agent

Proposed plan of action to answer this year's problems. Home Demonstration Program for 1954. (This is tentative and will have to be okayed by the State office).

JANUARY	- Health Early Recognition of Diseases	AGENT and NURSE
FEBRUARY and MARCH	* Home Management Window Treatment and Drapery making	AGENT SPECIALIST and LEADER
APRIL MAY and JUNE	- Nutrition Broiler meals Nutrition - economical meals that can wait One dish meals Pre-planning	
JULY and AUGUST	- Sewing machine clinics Club and bi-county program planning Verde Valley picnic (Sedona)	AGENT and CLUB
SEPTEMBER and OCTOBER	- Clothing Simple repair, mending New type materials, characteristics and care	LEADER and AGENT
NOVEMBER	- For clubs to decide. Could be:	
	1. More on health, care of accidents, etc.	
	2. Safety in the home, electricity	
	3. Talk by economist	
	4. Making of Christmas presents Aluminum trays Cards Aprons Stuffed toys, etc.	
DECEMBER	- PARTY	

HOME FURNISHINGS AND SURROUNDINGS:

Color and its Application

Each year the Yavapai County Home Demonstration program studies some phase of housing improvement. Particular reference and work is then done in that area. For example:

1. In 1951 emphasis was put on the kitchen area and storage.
2. In 1952 emphasis was put on the living room area. The women learned about upholstery fabrics and actually re-upholstered chairs.
3. In 1953 emphasis was put on the dining area and textile painting of place mats.

By following a logical plan of unit improvement of the home the women have an opportunity to study as they would normally work, a small space at a time.

The aims of this year's home improvement project were:

1. To improve the appearance of the dining area.
2. To indirectly improve the family nutrition.
3. To improve the appearance of the home as a whole.
4. To teach line, design and color through textile painting.

The two month project was divided into a number of phases. They were:

1. A discussion of color and color terms.
2. Showing and discussion of the film strip "A Recipe for Color."
3. Guides to selecting color.
(Related primarily to dining area in this division.)
 - a. Interior decoration walls, drapes, etc.
 - b. Color and type of furniture.
 - c. Color and type of china.
4. Selection of appropriate material and design for place mats to fit each type of china.

5. Actual making and painting of one place mat by each homemaker.

Textile Painting

The agent prepared various textile painted place mats. These mats were designed to go with the various types of dishes in common use; from pottery to the very finest china. Designs, fabrics and colors were all considered. Each woman brought a cup and saucer from her favorite set of dishes and decided upon both the fabric, fabric color and type of design which she thought best went with her particular dishes. The agent endeavored at all times to be sure that the women were considering their dining area as a whole as well as the dishes involved. An interesting remark was made in this connection. The agent had designed a white organdy place mat with a green ivy leaf design to go with a fine white china of this design. One of the women said, "But I couldn't use organdy on my yellow topped chrome table, the color would show through." The agent hastened to remark, "Neither would you be using fine china on a table of this sort unless you had the top completely covered with a linen cloth, would you?" An occasional more or less unconscious remark such as this by some homemaker serves to illustrate to everyone present the importance of considering the whole room in general as well as a small segment specifically.

At County Fair time each year Home Economics judges are continuously astounded and critical of the fabrics which women textile paint. For instance the bath towel with the large bird in daubs of hard gaudy colored paint. No one could possibly use such a towel. The agent felt that since women are going to textile paint it was advisable to teach them the best uses that could be made of this art as well as its correct use. An important secondary feature of these art crafts which the women do with their hands is that crafts have a definite therapeutic value. In these classes emphasis was given to:

1. Proper selection of fabric.
2. Proper selection of design.
3. Proper selection of use.

The women, in most cases, decided that textile painting could best be used on:

1. Table linens and some other household fabrics.
2. Drapes, curtains and bed spreads.

3. Specialty dresses and costumes (children's and adults').

The women agreed that in most cases sofa pillows, bath towels, dish towels and the like would be impractical if textile painted. A leaflet on textile painting was compiled by the agent for the use of the women. (Copy attached)

Approximately one hundred and twenty-five homemakers in the county attended these meetings on color and textile painting. They made place mats, aprons, drapes and dresses for themselves, and their children. Probably one of the most beautiful and unusual pieces painted was a little girl's dress (2 years old) of white batiste with all of the nursery rhyme animals. This was a delightfully decorated dress and one of which the child would never tire. It was truly an original work of art.

Home Beautification

This agent arranged for the county agricultural agent to meet with one of her clubs this year for a discussion of home grounds beautification. This project met with approval because many of the homes in the area need landscaping. The elements are against these people because of lack of water but there are still a number of things which they can and have done to make their homes appear better from the outside.

EQUIPMENT FOR TEXTILE PAINTING

The question of what to buy for stencil painting and where to buy it has always been a problem; because no set of paints adequately covers the subject.

Many of these items may be picked up around the house, others may be purchased at the variety or paint store, and some of the hard-to-get items I have bought in quantity so you may have them at the price that I paid. These are indicated on this sheet by **.

BOX, DRAWER, OR TRAVELING CASE - large enough to hold all equipment.

PENCIL - medium lead, well sharpened.

RULER - 12 inch.

CARBON PAPER - few sheets (may have been used).

THUMB TACKS AND PINS.

RAZOR BLADE - one edge or cutter.

BLOTTER - any blotter may be used that is larger than the design to be painted. Large blotters may be bought to cover entire board.

TOOTH PICKS, APPLICATOR STICKS, MATCHES - for removing paint from the jars and mixing it.

DRAFTING TAPE or gummed brown paper tape.

**TRACING PAPER - thin paper for tracing new patterns.

**STENCIL PAPER - the oily cream-colored protection sheet fastened to mimeograph-stencils makes the best stencil paper. You may be able to obtain this free from churches, schools or offices using a mimeograph.

**PAINT TURPENTINE - to clean brushes and thin paint for line brush work.

WIPING RAG - soft rag for cleaning brushes (all artists use a wiping rag).

BOARD - on which to work (old bread or drawing board, smooth end of fruit crate, piece of three-ply or masonite, etc.)
(Square of glass good to cut stencil on.)

CONTAINER FOR MIXING PAINT - jar lids or caps (Kerr or other cap rim jar) old dinner plate, glass coasters, square of glass (needs a large flat surface on which to pound paint into brush.)

**TEXTILE PAINTS - There are several brands of textile paints on the market. I suggest you buy the following colors:
Red, yellow, blue, orange, green, violet, white, and black.

**STENCIL BRUSHES - one needed for each color as brushes cannot be cleaned well enough to be used in another color without graying it.

**LINE BRUSH - oil paint line brush size 00 is best but any other line brush, toothpick, or pen can be used for lining.

**DESIGNS -

MATERIAL TO PAINT - For the beginner it should be a firm woven cotton or linen fabric. Rayon and other synthetic materials present many problems. Bring piece of material 18 x 12 inches plus hem allowances for your first place mat.

SELECT THE DESIGN YOU WISH TO PAINT. In selecting a design, answer the following questions:

1. Does the design appeal to you? You will do better work if you like the design you are painting.
2. Is the design suitable for the article you wish to paint? Better work and more pleasure will be gained by always painting usable articles instead of practice pieces. Time is wasted in painting rags.
3. Does the design fit the space to be filled?

Take the oily stencil sheet and your design.

1. Measure the width and height of the design you wish to use and add 3 inches to each measurement. This will give an $1\frac{1}{2}$ inch margin on either side of the cutout design for strength and to keep paint from getting on your material. Example: Deer is 4 inches high and 3 inches wide. Stencil sheet will be 4 plus 3 inches or 7 inches high and 6 inches wide. Cut this piece from stencil sheet.
2. Draw a heavy center line up and down on the stencil sheet. On the first lesson designs I have drawn the center line. In making a design where the center line is not drawn, hold the design up to the light while you fold it in the center up and down. Trace this line with your pencil.
3. Lay the stencil sheet over the design with the design approximately in the center up and down; match the center lines and thumb tack with two tacks at the top.
4. Copy the design on the stencil sheet by tracing the design through the stencil paper. (If you cannot see the design through the stencil paper, match the center lines with the design on top. Fasten both sheets at top with two thumb tacks, slip a sheet of carbon paper between the two sheets and trace the design.)
5. Lay the stencil sheet on the board and cut out the design with a one-edge razor blade or cutter, following the lines carefully.
6. Take a small amount of turpentine or cleaner on a cloth and wipe around the design of stencil opening to remove the pencil or carbon marks or they will gray your design when you paint it.

PAINTING INSTRUCTIONS:

Material to paint should be light colored and firmly woven.

1. Preparing material:

- A. Have material washed and pressed.
- B. Determine where design is to be placed on material and crease and mark center line with two pins.
- C. Stretch and thumb tack material to board with blotter under material where design is to be painted.

2. Placing Stencil on material:

- A. Place stencil on material, matching center lines.
- B. Fasten at top with two thumb tacks.
- C. Cover all of material but stencil openings with newspapers.

3. Selecting Colors to Use:

Designs may be painted in any color and need not be the color usually found in nature. Colors in the border of the material or color scheme of the room may suggest colors.

4. Painting Design:

- A. With an applicator stick or toothpick take a drop of paint out of the jar and put it on the cap of a fruit jar lid. With a clean applicator take equal parts of extender and mix the two together with the colored stick. Never mix paint with your brush for you will never want that much paint on your brush. (Extender is a thinner and does not lighten the color.) Use less paint or white if you want to lighten the color. (Extender helps the paint go into the fiber of the cloth and color last longer.)
- B. Take the brush for the color you wish to use. Bring it into the edge of the paint and work into the brush a small amount of paint. Pound the brush outside the circle of paint until the paint is even in the brush. Before putting the paint on the material to be painted brush across the wiping rag to see that the fiber is strained rather than enameled. Every particle of paint should go into the fiber instead of piling on top. This prevents streaks in your painting. Remember that all paint not fastened to the fiber washes out. One of your greatest problems is to learn to stain the fiber, not plaster your design.
- C. With your almost dry brush paint your design with pounding brushing strokes. Start at the stencil edge and go toward the center. A curved or shaded object may be made by brushing darker around the edge and leaving the center white or light. Some designs are more interesting when painted solid.

5. Setting Color:

Most textile paints are more washable if the color is set in the following manner.

- A. Let paint dry at least 24 hours.
- B. Place pressing cloth over ironing board to protect cover.
- C. Place painted material design down on ironing board.
- D. Wring pressing cloth out of water. Place wet cloth over back of design and press one minute. (Count 60.) Use hot iron for cotton, warm for silk, rayon, and wool.

Co-operative extension work in agriculture and home economics, the University of Arizona College of Agriculture and the U. S. Department of Agriculture co-operating.

Prescott, Arizona
January 13, 1953

HOME MANAGEMENT:

One of the most interesting as well as difficult problems which the homemakers expressed last year at their program planning meeting was - "How to remain calm, cool and collected while entertaining unexpected company." This was a most interesting problem in that the Western Regions Survey of 1952 indicated that approximately 50% of the homes had unexpected meal time guests at least once a week. This agent and the Home Management and Nutrition specialists pooled their resources and decided to divide this problem into two phases.

1. Improved Housekeeping practices.
2. Improved food preparation practices.

The first phase, good housekeeping practices was done through leader training. The second phase, good food preparation practices was done by the agent.

The aims of the first phase were:

1. For women to be able to enjoy unexpected, unplanned for guests.
2. To emphasize good housekeeping practices daily.
3. To demonstrate how simple entertaining can be.

The aims of the second phase were:

1. To assist homemakers in being an "Easy Hostess."
2. To suggest simple food preparation short cuts.
3. To improve nutrition by proper food preparation practices.
4. To teach women to use the broiler portion of their stoves.

Of particular interest to the women was the fact that not only the comic strip "Dagwood Bumstead" but current homemaking magazines discussed the problems of good housekeeping practices during the same month as they were discussing them. When such a series of coincidence happens the women feel flattered that they have been good observers and planners. It's always nice to know that your problem is a universal one. This gives them added confidence for next year's planning.

The procedure for presenting this material to the

women was:

A. Phase 1

1. A resume of the Western Housing Survey as it tells the unexpected guest story.
2. Discussion and demonstration of
 - a. Silver polishes
 - (1) Making of paste polish.
 - (2) Use of both liquid and paste polishes.
(Recommendations and precautions were given for both types.)
 - b. Silver Storage.
 - c. Ironing of linen.
(The differences between double and single damask was pointed out).
 - d. Storage of linen.
3. A simple party was given by the agent and specialist.
(Chocolate brownies baked on the waffle iron and iced tea with frozen lemon slices were served.)

B. Phase 2

1. Discussion and review of good housekeeping practices.
2. Discussion of table service.
 - a. Center pieces.
 - b. Types of service.
 - (1) Advantages.
 - (2) Disadvantages.
3. Preparation of foods.
 - a. Preparation of complete broiler meal.
 - (1) Ground beef patty wrapped in bacon
 - (2) Broiled tomato slices.
 - (3) Broiled onion slices.
 - (4) Seasoned cooked vegetables.
(In the broiler pan)
 - b. Preparation of white sauce mix.

c. Preparation of white sauce from mix.

4. Discuss other short cuts and mixes for the kitchen shelf.
5. Review, question, tasting, and general summary.

In general the agent emphasized throughout this two months' project the fact that homemakers want to be able to enjoy guests when they arrived unexpectedly. That the days of the homemaker being a "slave", doing nothing but drudgery are past. One other very important point which the women had not given too much previous thought is - "Never try out a difficult unused recipe for unexpected guests." So often a homemaker will have a nice sounding recipe "tucked away" for first use when she has guests. Naturally she is not and cannot be at ease using a strange recipe. No matter where this fact was mentioned there was a general laugh. Each homemaker had her own recollections of a similar experience.

In discussing housekeeping practices emphasis was given to a routine which suits each household. Routine housekeeping should encourage a place for everything and everything in its place. In this way the home is always more or less presentable.

The agent encouraged the proper use of all the latest time and labor savings devices. She emphasized that it is an extravagance to buy a stove with a good broiler and never use the broiler, to buy a vacuum cleaner with all the attachments and never use the attachments. Homemakers have a tendency to try something new once and decide that it's too much work, too difficult, or not worthwhile. An effort was made to stress the facts that planning and practice although they may take extra time once pay off in the long run by saving hours of daily drudgery. Too often we hear the homemaker say "I don't have time to plan." In the long run she doesn't have time not to plan and practice to save time and energy.

CLOTHING AND TEXTILES:

The problem of home construction of clothing for self and others is and always will be present. Clothing construction is not a problem which is ever solved, it is always with us. This year, 1954, the agent would like to have some special interest classes for experienced seamstresses, to teach them how to teach sewing to beginning and unexperienced sewers. There are always new homemakers and inexperienced seamstresses in each community that need special help and instruction. The purpose of such classes would be:

1. To have one or two women in each community that the agent could refer beginners to.
2. To assist young and inexperienced sewers with clothing construction problems.
3. To increase interest in home sewing. We always enjoy doing that which we know more about.

It is believed by the agent that such specialized training would be very helpful in all communities.

Another problem which the agent is continuously running into is the large number of unknown brands of sewing machines on the market. The specialist has been most helpful in recommending procedures for our advising homemakers wishing to purchase a new machine. Naturally we cannot tell homemakers what brand to buy but we can and do recommend certain standard procedures for purchase of any piece of equipment. Probably the most important thing to check when buying a sewing machine is the availability of parts and service.

The new textiles and combination fibers are really presenting a problem to the average homemaker today. The women want the characteristics of the nylon, dacron and orlan materials which they read about but they have difficulties constructing garments from them. One of the big problems is for the homemaker to find linings, inner facings, shoulder pads, etc. that do not destroy the characteristics of, for instance, the coat which she wishes to make out of orlan material. They learned their tailoring and better dress-making lessons well and feel that those principles must be applied in all similar items, as indeed they must.

As a general statement the agent feels justified in saying that there are a number of women in each community in the county that have become expert seamstresses as a result of our Home Demonstration clothing program during the past three years.

Western Shirts

For the past two years the clothing project for the county has been conducted through special interest groups, Tailoring and Better Dressmaking. This year the agent felt that it would be advisable for her to give method demonstrations at club meetings rather than to have special interest groups. Consequently the project, Making of Western Shirts, was done in method demonstration club meetings this year. The points emphasized were:

1. Pattern measurement (comparing to old well-fitting shirt).
2. Stay line stitching of the shirt decoration.
3. Putting on the decorations and placket facings for the cuff.
4. Attaching the cuff.
5. Making and attaching the pockets and pocket flaps.
6. Interlining collar, collar band and cuffs.
7. Attaching collar to band and band to shirt.
8. The making of flat fell seams.

Quite naturally a few of the women were not interested in making shirts. However, the techniques of stay line stitching, putting in the placket and facings and making and attaching pockets were helpful to everyone that sews. Women who know how to sew could readily follow the method demonstration of shirt making. Approximately forty-five western shirts were made as a result of these meetings.

One of the big problems which the women have in western shirt making is procuring a good pattern. None of the better known pattern companies have western shirt patterns which have the characteristics that the men like. The clothing specialist recommended two solutions to this problem. First that they carefully rip an old shirt which has the desired fit and use this for a pattern and second she gave them the name of a lady in Globe, Arizona, from whom they could get patterns made to order. Several of the homemakers ordered these patterns and were well satisfied.

Although these shirt making demonstrations were for western shirts, many of the women applied the principles to ordinary dress shirts and are now making shirts for their husbands. Then too, pretty nearly every boy and girl in the county

wears western shirts to a greater or lesser degree and the women find that they can really save money by making their children's shirts. The pattern book western shirt patterns in most cases are satisfactory for the younger members of the family.

Accessories for the Individual

One of the big problems in Arizona today as far as appearing well dressed is the number and type of accessories which the girls and women select to wear with various costumes. Such a practice as is common right now, that of wearing too much jewelry, is probably related to the active interest that we have in all things, Indian, from necklaces to rugs. This Indian influence has spread to almost every type of costume, some very good and some excessively bad. In an effort to counteract this "bad or poor" accessorizing tendency the women asked to study accessories this year. The aims of this project were:

1. To improve the personal appearance of rural women and girls.
2. To help the women have a basis for judging and planning how to accessorize their's and their children's basic garments.
3. To encourage being well dressed on a limited income. (Wise selection)

The procedure for the meetings was:

1. Emphasis was given to accessories themselves. That they go with each other and with the basic garment.
2. Emphasis was given to accessories in relation to the individual wearing them as well as with the basic garment and each other.
3. The various types of individual body builds were discussed. Principles were given for these various individual characteristics but it was also brought out in the discussion that each person might and probably does have a combination of these characteristics. That each person's problem of appearing at her best undoubtedly involves the apparent hiding of a number of undesirable characteristics and the pointing up of one or more desirable ones.

4. After the conclusion of the formal demonstration the women divided into groups and accessorized garments provided by the agent. The chairman of each group then discussed the accessorized garment and graded it according to the score card provided.

The bulletin "Accessories" written by Helen Church, Clothing Specialist, was used for these meetings.

It was interesting to the agent to note how conscious some of the women became as regarded the jewelry which they had on at the meetings. Naturally, however, no personal reference was made to anyone's costume. All remarks were kept very objective so that no one's feelings could possibly be hurt.

The need for meetings on accessories has been showing up in our work with 4-H club girls the last few years. The women attending these meetings expressed the feeling that they would be better able to help their own girls and the girls in their communities to be better dressed in the future.

NUTRITION:

The nutritional status of ranchers and farmers in Yavapai County is high. We have very few cases of disease directly traceable to poor nutrition. The weight control studies which we did two years ago as a county-wide project is still having a noticeable effect. The women are conscious of their weight, especially those who are overweight. Then too our studies last year on the nutritional value of casserole dishes has been most helpful. The women realize that there are many important nutrients in the food which we eat. Although the average homemaker does not know all about these nutrients, the fact that they do know that important nutrients are present in food, and that nutrients must be preserved in the cooking process is very important. It is easier for homemakers to follow correct food preparation directions if they can understand why.

A. Food Selection and Preparation

Simple Hostessing

The object of this work on nutrition in connection with simple hostessing was:

1. To assist Homemakers in being an "Easy Hostess."
2. To suggest simple food preparation short cuts.
3. To improve nutrition by proper cooking practices.
4. To teach women to use the broiler portion of their stoves.

Since these nutrition meetings were in conjunction with the entire project of Simplified Hostessing the procedure for the meetings was:

1. Discussion of good housekeeping practices.
2. Discussion of table service
 - a. Centerpieces
 - b. Type table service
 - c. Precaution for each kind of service
3. Food Preparation
 - a. Complete hot foods for a broiler meal.
 - (1) Ground beef patty with bacon strip
 - (2) Broiled tomato
 - (3) Broiled onion
 - (4) Seasoned cooked vegetable in the broiler pan

- b. White sauce mix
- c. Make white sauce from mix
- 4. Discussed other short cuts and mixes for the kitchen shelf.
- 5. Summary of all points of importance.

Good milk is a problem in some areas of the county. The dry skim milk white sauce mix was enthusiastically received by 95% of the ladies. Those that normally buy bottled milk or canned milk could see a money saving as well as a time saving factor involved.

The use of the broiler to prepare either: (1) a quick meal, (2) a one dish meal or (3) a meal that can wait was really an innovation to the women. In the majority of cases the women when they buy a new stove insist on all the latest improvements including the best broiler. Then they try it once and for any number of reasons may never use it again. Some of the reasons given for non use of the broiler were:

- 1. Too hard to wash the pan.
- 2. Meat, etc. being broiled burns and smokes.
- 3. Oven hard to clean.
- 4. Too much trouble.

Actually when the agent demonstrated that an entire meal could be prepared in the broiler with no smoking and burning the women were anxious to get home and try their own broilers. It is still too early to tell exactly how many women will start using their broilers more or less regularly but the enthusiasm indicated that at least 50% would use them a lot and probably 25-30% would use them occasionally.

Precautions in the use of the broiler were:

- 1. Have a steady source of heat. Therefore oven door must be open slightly in at least 95% of the stoves.
- 2. Control amount of heat. Use either low heat or have food to be broiled four to six inches from source of heat.
- 3. Line bottom of broiler pan with aluminum foil.
- 4. Cut all food in sizes relative to the cooking time of your meat. You want everything to be done at the same time.

The women were very interested in the seasoning and heating of cooked vegetables in the broiler pan. Ninety percent of them had never seen this done before. They could all see the nutritional value of such a cooking plan as well as the ease with which broiling can be done. Mimeographed material was compiled and distributed at these meetings.
(Copy attached)

B. Food Storage and Preservation

1. Canning

Since the advent of the home freezer the amount of canning in Yavapai County has decreased. Very few people can meat and chicken. An ever increasing number of homemakers are selecting specific foods which they no longer can. About 100% freeze their strawberries while only about 50% freeze peaches.

Pressure canners were tested again this year as the occasion demanded. Homemakers bring their pressure cooker lids to the office for this free service. No county-wide clinics were held. Newspaper publicity brings those whose canners need testing to the office.

This year, 1953, was a poor year for fruits and vegetables in Yavapai County. A late freeze this past spring killed about 50% or more of the fruit. Consequently any fruit available was really too expensive for canning. Due to the cold spring, and late summer infestation of pests, gardens were poor and very late. Some of the garden produce was just becoming ready for use when the first freeze came. For these reasons, (1) late spring, (2) garden pests infestation, (3) early fall frosts, there has been a shortage of low cost fruits and vegetables for preservation.

2. Home Freezing

This year, 1953, the state nutritionist held a three day food preservation school for all agents. The objects of this school were:

1. To teach and review the principles of food freezing.
2. To teach and review all of the latest research in freezing.
3. To teach and review information regarding packaging materials.

4. To be sure that all agents were making the same recommendations with regard to preparation and packaging of foods for the freezer.

This school was advantageous especially to newer agents. Agents that had more experience with frozen foods were glad to share their experiences in this field.

Leaders were trained by the agent in the county to conduct leader meetings on freezing this year. All leaders attending these leader training meetings had their own home freezers and have had experience in its use. The agent felt that this was a necessary requirement for such a leader. A mimeographed bulletin was compiled by the agent and distributed to all leaders and through these leaders to all women attending their meetings. Over one hundred copies have also been distributed from the county office. (Copy attached)

The objects of the leader training meetings were:

1. To discuss and demonstrate packaging materials.
2. To discuss and demonstrate proper packaging techniques of:
 - a. Fruits
 - b. Vegetables
 - c. Eggs
 - d. Meats and Poultry
 - e. Planned leftovers and specialty foods
3. To instruct and train the leaders so that they in turn could relay the information to their clubs.

The agent prepared and packaged:

- (1) Fruit in syrup
- (2) Corn - cut off the cob
- (3) Hamburger
- (4) Pork chops
- (5) Cut up fryer
- (6) Rooster
- (7) Twenty-five to thirty specialty foods

The first six items were prepared and packaged at the Leader Training meeting but the specialty foods were brought to the meeting already prepared and packaged. Each food was opened and looked at by the leaders. Some of the unusual frozen foods were:

- (1) Lemon slices
- (2) Lemon juice

- (3) Egg cubes
- (4) Cookies
- (5) Pies
- (6) Cakes
- (7) Pie crust, rolled and cut to fit
the pan - This was frozen flat
- (8) Whipped cream blobs
- (9) Casserole dishes
- (10) Bread, rolls, etc.

Preservation of foods through freezing is rapidly taking the foreground in food preservation in the county. This is undoubtedly due to the (1) ease and (2) rapidity with which foods can be prepared for the freezer as well as to the fact that many foods taste better frozen than they do canned. Still another factor which makes freezing of foods so popular is that the homemaker can prepare foods ahead of time for use during busy times.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA
P. O. BOX 388
PRESCOTT

UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE
U. S. DEPARTMENT OF AGRICULTURE
AND YAVAPAI COUNTY COOPERATING

October 1953

AGRICULTURAL EXTENSION SERVICE
HOME DEMONSTRATION WORK
COUNTY AGENT WORK

SIMPLE HOSTESSING

Planning is the important thing. Plan so that you always have certain standby foods on hand. Plan so that you know how to prepare and serve these foods with a minimum of effort.

General Suggestions

1. Keep a jar of a fat and flour mixture (called a roux) made up and stored in your refrigerator to use as thickening for sauces and gravies. Use equal amounts of fat and flour and blend them well. To use, measure out $1\frac{1}{2}$ tablespoons of roux to a cup of liquid for a thin sauce and 3 tablespoons to a cup of liquid for a medium sauce. Stir the roux into the hot liquid and keep stirring until thickened.
2. Make up refrigerator dough and have it on hand for quick cookies. This may be frozen and kept for as long as three months.
3. If you have a home freezer keep on hand a favorite casserole dish, pie, and rolls ready for the oven at a moment's notice.
4. Keep a file of easy to prepare dishes, the ingredients for which you would always be likely to have on hand.
5. Have a few short order favorites in your file which can be made up as each group of the family is ready to eat.
6. There are some casserole dishes and other foods which can be kept hot for a few hours without the loss of quality. Have recipes for these in your files.
7. Do not experiment with a new complicated recipe for unexpected guests or special occasions. Stick to the tried and true. You'll have time to enjoy your guests.

Emergency Shelf

Ready mixes (commercial or homemade)
Jelly
Pickles and relishes
Olives
Salad dressings - sauces, etc.
Extra coffee and tea
Other staples which you may like to use

Broiler and Oven Meals

Broiler and oven meals are easy to prepare and serve. Here are a few suggested menus:

- No. 1 Fruit Juice
 Hamburger patties with bacon
 Lima Beans - Broiled sliced Onion
 Broiled sliced tomato with cheese
 Rolls or toasted garlic bread
 Fruit - cookies
- No. 2 Tomato Juice
 Broiled chicken (Start with boney side up)
 Mexican corn
 Green or tossed salad - Tart Jelly
 Broiled grapefruit

Broiled chicken is delicious when dipped in seasoned salad oil before broiling. Baste with this same mixture.

- No. 3 Baked spam, veal or beef load with sauce*
 Baked potatoes
 Buttered spinach with lemon
 Fruit and cottage cheese salad
 Hot rolls, biscuits, or cornbread
 Ice cream, jello or jelly roll

*Sauce for spam. 1/4 cup brown sugar, 1/4 cup vinegar, mustard to taste. Pour this sauce over the spam while baking.

Simple Mixes

These may be kept on the cupboard shelf for as long as six months if cooking fat which needs no refrigeration is used. Jars must be tightly covered.

Non-Fat Dry Milk White Sauce Mix

- 1 cup butter or margarine
- 1 cup all-purpose flour
- 2 cups non-fat dry milk

Place all ingredients in mixing bowl; blend with pastry blender until the consistence of cornmeal. Store in a tightly covered container in refrigerator.

Thin White Sauce

- 1/4 cup mix
- 1 cup water

Medium White Sauce

- 1/2 cup mix
- 1 cup water

Thick White Sauce

- 1 cup mix
- 1 cup water

Brownie Mix

Quickest, easiest way to mix the dry ingredients is in a large paper bag.

Sift into bag 4 cups sifted all-purpose flour
 4 tsp. baking powder
 4 tsp. salt

Mix together 8 cups sugar
 2½ cups cocoa, sifted

Pour into bag, Fold open end over. Grasp both ends and shake back and forth. Pour into large bowl or dish pan.

Cut in - - - - 2 cups shortening

Store, covered, in a cool place.

Makes 16 c. mix--enough for 8 batches of brownies or 4 batches of cookies.

Brownies

Beat - - - - - 2 eggs

Add - - - - - 1 tsp. vanilla
 2 c. brownie mix

Blend. Mixture will not be smooth.

Mix in - - - - - 2/3 c. chopped nuts

Spoon into greased 8-inch square pan.

Bake in 350° oven 20 to 25 minutes, or until brownies pull away from sides of pan. Makes 16 brownies.

* * * * *

Pastry Mix

Makes about 10 cups

9 cups sifted flour
1½ tablespoons salt
2 cups cold fat

Measure flour after sifting. Sift again with salt. Cut fat into dry ingredients until pieces are about the size of small beans.

Lift Mix lightly into glass or tin containers and seal tightly. Keep on shelf.

Pastry

When ready to use, measure 2 cups of this mixture for a two-crust 8" pie. Add 6 tablespoons (about) of cold water, wetting only enough so dough will cling together, and roll out.

Biscuits

8 cups flour
2 tsp. salt

2½ Tbs. baking powder
¾ cups shortening

Measure 2 cups of this mixture, add 2/3 to ¾ cups milk. Mix lightly, turn on to floured board, knead lightly for 1/2 minute. Roll or pat to ¾ inch thick, cut and bake 12-15 minutes at 450°F.

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AGRICULTURAL EXTENSION SERVICE
HOME DEMONSTRATION WORK
COUNTY AGENT WORK

YOU AND YOUR HOME FREEZER

By
Lucinda E. Hughes
Home Demonstration Agent

Your home freezer, well stocked, can be your best friend. You can save money by buying foods in quantity and preserving them for future use. You can save work during busy times by preparing foods in advance. You can decrease the day by day drudgery of three meals a day, day after day by planned left overs, double recipes, and cooking when you are "in the mood."

Foods to Freeze

1. Fresh vegetables and fruits
2. Meat, fish, game, poultry
3. Bread, rolls, pasteries, cakes
4. Ice cream and sherberts
5. Combination main dishes
6. Sandwiches
7. Entire meals for the family
8. Dairy products such as 40% cream, butter and eggs
9. Party delicacies

Precautions for Food Selection

1. Use only first quality foods for freezing
(Rancid butter becomes more rancid, old eggs older, etc. during storage)
2. Use pure extracts and flavorings. Synthetic flavors often become bitter during freezing
3. Use double acting baking powders if batters are to be frozen.
4. Strong spices such as pepper, onions, garlic and cloves tend to become more pronounced. Mild flavors tend to fade, ie salt
5. Some foods have texture changes so do not freeze satisfactorily
 - a. Hard cooked egg white becomes tough
 - b. Raw vegetables lose crispness
 - c. Mayonnaise separates
 - d. Cream sauces tend to separate. Use broth or 1 teaspoon gelatin per cup of liquid
 - e. Boiled potatoes tend to become mushy and dark

- f. Custard pies "weep" and are unsatisfactory when frozen
 - g. Smoked meats tend to lose flavor. They become more and more unpalatable
6. Beef ages slightly during freezing, therefore do not age beef more than two or three days if it is to be stored over six months.

Precautions for Packaging

1. Use only moisture-vapor proof wrappings and containers for packaging foods for the home freezer. Avoid freezer burn
2. Remove as much of the air from the package as possible
3. Follow carefully recommended procedures for preparing and packaging all foods for the home freezer, ie
 - a. Blanch vegetables
 - b. Add sugar or sugar syrup to most fruits
 - c. Trim excess fat and bones from meat
4. Seal packages by either heat or drug store wrap. If necessary use locker tape to secure seal
5. Protect cellophane and aluminum foil with stockinette
6. Label packages with name of food and date plus any special facts about its preparation, use, etc.

How Much to Freeze at One Time

Your home freezer can adequately freeze only about one-tenth to one-fifteenth its capacity at a time within the 24 hour period allowed. This means, in a 20 foot freezer you can successfully freeze about 60 pounds of meat, or 70 pounds fruit and syrup, or 40 pounds vegetables at one time.

Meals from the Freezer

- | | |
|-----------|---|
| Lunch -- | <ol style="list-style-type: none"> 1. Vegetable beef soup, toasted cheese sandwich, frozen peaches, iced coffee or milk 2. Soup, scrambled eggs, toast, butter, cookies, milk |
| Dinner -- | <ol style="list-style-type: none"> 1. Fried chicken, french fried potatoes, buttered peas (tossed salad*) apple pie, coffee or milk 2. Meat loaf with chilli sauce (rice*) string beans, fruit salad, hot rolls, butter, layer cake, coffee or milk |

(*) Not frozen

NOTES

1. Try making your whipped cream with powdered sugar instead of granulated sugar - makes beautiful frozen snow-peaks and no chance for them to get watery. Whip the entire half pint of cream at one time and freeze the left over.
2. Freeze pie crust in circles to fit your favorite pie tin, separate with two layers cellophane, package and freeze. While you are making the filling the crust will thaw and bake.
3. Family-sized amounts of soup can be frozen in coffee tins. Seal edges with freezer tape. Be sure coffee tin is well washed and aired.
4. Drop a cranberry or a red or green maraschino cherry in your ice cubes before freezing. Freeze left over coffee and tea for use in iced tea or coffee, cools while weakening.
5. Buy several kinds of bread at your local "day-old" bread source and repackage in mixed loaves. Result: variety each meal and no stale bread.
6. Cook up a big batch of apple sauce and freeze in ice-cube trays as apple sauce cubes. One cube is a nice accompaniment for the meat course - two or three cubes make dessert.
7. Freeze a can of fruit cocktail for a jiffy salad or dessert. Slice while still icy, a topping of whipped cream and it's dessert, a topping of mayonnaise or fruit dressing and it's a salad.
8. When using sheet wrapping material or plastic bags with liquid or semi-solid foods, use a box or pan as a form until the product is frozen solid. More regularly shaped packages this way.
9. Freeze meat drippings for stews and gravies later on.
10. Freeze unbaked pies and frosted cakes before packaging. This makes packaging easier.
11. Wash plastic bags and other re-usable freezer wrapping materials with soap and water. Rinse well, dry and store for future use.

BULLETIN REFERENCE

Home Freezing Fruits and Vegetables - Home & Garden Bul. #10
Chicken in the Freezer - USDA Leaflet #279
Freezing Meat & Poultry Products - Home & Garden Bul. #15
Making Velva Fruit at Home - USDA - AIS 22
The booklet which comes with your home freezer

Freezing Prepared Products

Type of Baked Product	Condition When Frozen	Months of Storage Life	Method of Thawing	Approx. Time and temp. required for baking
<u>Cake</u>	Unbaked	2 to 3	Room temp.	30 to 60 min.
(Angel food and sponge must be baked)	Baked	4 to 8	Room temp. -or- oven	30 min. 300°F. 10 min.
<u>Fruit Pie</u>	Unbaked	2 to 6	Oven	450°F. 15 min; 375°F. 45 min.
	Baked	2 to 6	Oven	350-400°F. 20 min.
<u>Yeast Rolls and Bread</u>	Unbaked (Rolls)	$\frac{1}{2}$ to 2	Allow to thaw and rise in warm, moist atmosphere (2 hrs.)	400°F. 12 to 20 min.
	Baked	12 or more	Room temp. in original wrappings	1 hour
	Baked (Rolls)	12 or more	Oven	250-300°F. 15 min.
<u>Desserts</u>				
Ice cream Sherbert Fancy cream pie Whipped cream, etc.	Ready to serve	2 to 3	Room temp	30 min.
<u>Planned Left-overs</u>	Ready to serve	2 to 6	Oven	350°F. $\frac{1}{2}$ to 1 $\frac{1}{2}$ hrs. Time depends upon bulk of food

HEALTH AND SAFETY:

Fly Control

The health project this year was fly control. This year homemakers attacked the problem from a third possible angle. In 1951 community meetings were held, in 1952 cooperative meetings were held and this year homemakers had individual meetings with the county public health sanitarian. The sanitarian showed a film on the life habits of a fly, he then discussed preventive measures for fly control. Some of the preventive measures recommended were:

1. Good garbage disposal.
2. Tight lids on garbage cans.
3. Clean garbage cans.
4. Proper disposal of poultry manure at regular intervals. (This makes ideal fly breeding places unless carefully cared for).

The women were astonished to learn that flies are now more or less resistant to all known fly sprays. They realize the difficulties involved in fly control and that they must be ever vigilant. The women also realize the problems which may be caused by one "careless" home and grounds. This family may and often does defeat the entire program of fly control. The women as individuals are doing a good job of fly control but as communities there are still a lot of unsolved fly control problems.

Chest X-Ray

Members of the Yavapai County Homemakers' groups serve as volunteer workers for the chest x-ray unit annually. They are also very careful to see that their entire family has these x-rays.

Cancer

The Homemakers clubs furnish volunteer workers for the cancer drive annually.

RECREATION AND COMMUNITY LIFE:

Recreation played an important part in the Homemakers clubs this year. Each club endeavored to have some sort of recreation at each meeting.

Three county events were held this year. They were:

1. The recreation portion of the Bi-County Program Planning meeting held at Flagstaff this year. Recreation was directed by the Sedona Homemakers.
2. The Oak Creek-Verde Valley family picnic sponsored by the Sedona Homemakers. Games and songs of every description were participated in by the women. It was fun to watch the expressions on the faces of some of the children present while their parents were participating in the various games.
3. The Bridgeport-Verde Valley luncheon held at the Clarkdale Country Club. An excellent time was had by all.

It is disappointing that the county is more or less divided in two by Mingus Mountain. This division makes it impractical for homemakers to have many county events which are purely social.

The values of recreational events are many fold. Some of them are:

1. They help rural women become better acquainted with each other and thus make it easier for them to work and plan together.
2. They create a pride in each community and their accomplishments.
3. They give women an opportunity to exchange ideas.
4. They let each group see how others do things.

EXTENSION INFORMATION:

Photographic

The agent took approximately one hundred colored slides this year. These were primarily for use in 4-H club work.

Newspapers

The agent does not have a regular news column. However, any and all articles or publicity recommended by the agent is gladly accepted by both papers in Prescott. All timely articles which are applicable to Yavapai County sent to the agent by the State office are passed on by the agent to these papers. These articles are gratefully received by the agent since time for writing is such an item.

Visual Aids

Monies, colored slides, flannel graphs and other types of visual aids are used regularly by the agent.

MISCELLANEOUS:

This year the Yavapai County Fair had a new superintendent for the women's department, she was Mrs. Edythe Hendrix. The agent assisted Mrs. Hendrix and her committees in the organization planning for the Home Economics department of the County Fair.

Approximately eight hundred exhibits of foods, clothing and home economics articles were exhibited this year at the Yavapai County Fair. There was increased interest in the crochet contest and in the chiffon cake contest due, no doubt, to the extra publicity which they received.

Score cards for all types of Home Economics entries were incorporated in the fair premium book. It is felt by the agent that score cards increase the educational value of the fair.

Five community booths were entered in the county fair this year. Each community was anxious to see and evaluate the score which they had made on their booth. Such evaluation is advantageous since it lets each community have an opportunity to see the "how and why" of each booth's score. It helps them to improve their own score next year.

Yavapai Calf Sale

The agent attended the Yavapai Calf Sale again this year. The price of the calves, though disappointing, was not as shocking as it was last year. Calves sold for about 18¢ per pound. Approximately 2500 persons attended this all day barbecue and calf sale.

The Yavapai Cowbells were in charge of the food service again this year. The service takes approximately two hours which is really too hard for everyone concerned. The agent met with a group of Cowbells and assisted them in setting up plans for more rapid service next year. Their aim is to serve everyone in less than an hour.

Cowbells

The agent attended the Cowbelle meetings this year and assisted them in every way possible. The Cowbells perform many worthwhile community services throughout the year.

Some of them are:

1. Pay a girl's way to Girls' State annually.
2. Present medals to winning 4-H Club girls.
3. Sponsors projects for Boys Ranch near Phoenix.
4. Serves the community in many small but very worthwhile ways.

OUTLOOK AND RECOMMENDATIONS:

The outlook for the Home Demonstration Program in Yavapai County for 1954 is good. One new Homemakers Club was organized this year, 1953, and efforts will be made to effect an organization in the Skull Valley-Kirkland area this next year.

Participation in the Home Demonstration program in the Verde Valley is good. These clubs are influential in their areas. The Humboldt-Dewey club is somewhat more active this year than it has been for some time. This group does a lot of community service, recently more old members are starting to attend and participate.

It is hoped that through a good county program that these groups will continue to function as an important local and county voice.